

# Guidance Office Tips and Hints:

## Attention Seniors:

Meet with your counselor to do a **review of your credits**. Make sure you meet, or are on track to meet, all your graduation requirements. No one wants any surprises!

Stop by the Guidance Office to check a listing of college representative visits. The list will get updated regularly. It's a great way to get information on a college in which you are interested!

Begin checking the bulletin boards, in the hallway, outside the Guidance Office. You'll stay informed of open houses, scholarship opportunities and more!

## THE ASVAB CAREER EXPLORATION PROGRAM

The Armed Services Vocational Aptitude Battery is designed to help you no matter what future educational or career plans you may be considering. Please stop in the Guidance Office for more information.

**Test Date and Time TBA**



Show your teachers you really shine by sending them a thank you note. They are being asked for recommendations by so many students. A thank you goes a long way!

# Where Do I Start?

## Navigating the challenging world of college applications

The following is an overview of the college application process. If you need more information or clarification, please see your guidance counselor and plan to attend the Nuts & Bolts night on September 23, 2004.

1. Meet with your guidance counselor. Become familiar with the Guidance Office.
2. Attend the Nuts & Bolts evening on September 23, 2004.
3. Prepare a list of 4 to 8 colleges in which you are interested.
4. If college is not in your plans, see your guidance counselor regarding plans for the future (technical school, military service, career).
5. Plan to visit the colleges of your choice and schedule an interview.
6. Register for tests needed for your next step (SAT I/II, ACT, ASVAB)
7. Sign up in the Guidance Office to meet with various college representatives who visit with Shrewsbury High School students every fall.
8. Meet with your guidance counselor soon if you plan on applying Early Action or Early Decision. These deadlines come up quickly in the fall.
9. Get a 'bio' sheet (provides information about you) from the guidance office so you may...
10. Ask teachers for recommendations. Don't put this off; there are 322 other seniors doing the same thing you are!
11. Attend the Financial Aid night on December 2, 2004 assuring all your financial paperwork is in order.
12. Review each of your applications thoroughly and be certain all sections are complete.
13. Meet with your guidance counselor when you are ready to process your completed applications.
14. Sign a release in the Guidance Office for transcripts to be sent with each application.
15. Notify your counselor when you receive any notice of acceptances and to which school you will matriculate.

Remember, this is an overview. More specific information will be available at the Nuts & Bolts evening or see your counselor. Good Luck! And let us know how we can help you!

# Mark Your Calendars Important Dates

<b>Nuts &amp; Bolts Night</b>	<b>September 23, 2004 7:00pm</b>	
ASVAB Test	Date and Time TBA	
SAT Dates	November 6, 2004	register by October 1 <i>held at SHS</i>
	December 4, 2004	register by October 29
	January 22, 2005	register by December 20 <i>last old SAT</i>
	March 12, 2005	register by February 7 <i>first new SAT</i>
ACE Internship applications Due	October 1, 2004	
<b>College Fair</b>	<b>October 3, 2004</b>	<b>Assumption College, 1:00-4:00pm</b>
Parent's Night	October 7, 2004	
Financial Aid Night	December 2, 2004	

## Nuts & Bolts Night for Seniors

Please plan on attending with your parents/guardians. You'll get valuable information about the college application process!

See you there!

**September 23, 2004 7:00pm**

## ***ACE (Advanced Career Exploration) Internship Program***

A new pilot program designed to provide seniors with an opportunity to earn credit while participating in an internship experience in the workplace. See Mr. Jay Costa in the Guidance Department for more information and to receive an application packet.

***Applications Due: October 1, 2004***

NEACAC 9<sup>th</sup> Annual  
CollegeFair  
Assumption College  
Worcester, MA  
October 3, 2004  
1:00-4:00pm  
Plourde Recreation  
Center

Don't miss this chance  
to meet 250 colleges and  
universities represented!

## **ADVANCED PLACEMENT INFORMATION**

The AP Exam Schedule has recently been announced for Spring 2005. All seniors taking one or more AP courses (including AP courses taken via VHS) will receive a written contract form that must be signed by the student and their parent. If you are enrolled in AP courses, you are required to take the AP exam in the Spring. All signed contracts and fees will be due into the Guidance Office by the end of the first semester. Please contact Mr. Nault in the Guidance Office if you have any questions.

**Exam Dates: Monday, May 2-Friday, May 13, 2004**  
**Cost of Exam: \$82.00**

## FOCUS ON GUIDANCE

September 2004

# Senior Newsletter

Welcome back Seniors!

I hope this finds you well after a fun and relaxing summer. The first day of school has come and gone and you will need to turn your focus to making appropriate plans for your senior year. This newsletter will remind you that now that you are back, you will need to accomplish a few tasks. We want to help you meet the challenges of your 1<sup>st</sup> semester senior year.

You may feel overwhelmed by the process, but proper planning now will help make your senior year manageable and enjoyable. Remember, the future is yours to plan! Continue to talk with your parents or guardians, listen to the advice you are given, meet with your guidance counselor; stay informed; all of this will help you make an informed decision about your future. The guidance department is here to assist you, use our expertise and let us guide you through this process.

I hope you enjoyed your summer and have returned to school rested and ready to meet these challenges. Please call your guidance counselor if you have any questions.

Sincerely,  
Nicholas DiPilato  
Director of Guidance

### ***The Guidance Office has a New Staff Member!***

*Hello! My name is Mrs. McGuirk and I'm here to help you, in conjunction with your counselor, make your way through the college application process. My background is in college administration and I've worked at several colleges in residence life, athletics, and admissions. I'm ready to share what I know with you. Make sure you meet with your counselor first to determine the best way for me to help. I look forward to working with you!*